

## **PAPER FOR QUINTON WARD FORUM SEPTEMBER 22<sup>nd</sup> 2020**

Quinton Active Residents Reference Group

Dr Patrick Saunders

### **1. Background**

- 1.1. The Quinton Active Residents Reference Group (the group) was established in March 2019 following discussions between Cllr Kate Booth and Dr Patrick Saunders, a Consultant in Public health and local resident. The brief was to develop a group of locally connected people to explore ways of increasing the utility and use of green and other resources in Quinton, building on the work of TAWS, to improve levels of physical activity, social engagement, and community health and well-being. The group initially comprised Patrick Saunders, Dr Ewan Hamnet (ukactive Board member and former lead partner of Lordswood Medical Group), Geoff Garrish (Chair of Court Oak Allotments Society), Honorary Alderman Tony Kennedy (Chair of Birmingham Social Enterprise City Steering Group), the Rev Ray Yates (Vicar of St Boniface Church) and representatives of TAWS and first met on 5<sup>th</sup> April 2019.
- 1.2. The group met monthly until COVID-19 restrictions were implemented, last meeting being in February 2020. A work plan was agreed at the meeting of 23<sup>rd</sup> June 2019 (copy appended-please note this requires updating). Rev Ray Yates retired earlier this year and Clare Sandercock of Friends of Pitts Wood and Stephen Dodd of the Friends of Quinton Mental Health Support Group who is also working to establish Boxercise classes for young people in Quinton have joined the group.
- 1.3. The group has no political personality and has no agency or authority over TAWS.

### **2. Work to date**

- 2.1. Supporting TAWS in the installation of community notice boards, active 'street' and Highfield Farm events (very successful road closure and event on Dimmingsdale but poor weather prevented or disrupted other events including the Overdale Rd closure), developing an online resource including an inventory of community assets (Elliot Hirst is now supporting TAWS on the former).
- 2.2. Working with TAWS and Lordswood Medical group on social prescribing in Quinton including 'Green Fit Baby' sessions, 'This Girl Can' dance sessions, monthly lifestyle sessions for pre and type 2 diabetics for groups of 12 patients (evening 90 min sessions including a brief intro to the facilities and support from a Band 6 physio), led walks, a running group and a 6 week 'Escape Pain' course on pain management.
- 2.3. Agreement to hold Friends of Quinton Mental Health Support Group sessions in Pitts Wood. Linking with Quinton to Thrive, The Woodland Trust, Greener Birmingham, the Soil Association, Wild in the City and the Director of Birmingham's Future Parks programme which has a remit to make green spaces central to everyday community, provide the public a bigger role in how greens spaces are managed, ensure green spaces

contribute more to the public's mental and physical health and to transform the way the green spaces are funded to secure their futures (<https://www.heritagefund.org.uk/our-work/landscapes-parks-nature/future-parks>).

- 2.4. Working with Gateway Family Services and Digikick to deliver free virtual 'Tea and T'nterent ' sessions for Quinton residents to build people's internet confidence and capabilities –scheduled for January-April 2021.
- 2.5. Developed links with Quinton Scouts Group, Quinton Youth for Christ and Four Dwellings school and currently discussing a proposal to 'twin' Quinton youth with a similar suburb in Birmingham Alabama.
- 2.6. Successful bid to deliver four fully funded two day accredited Mental Health First Aid training courses for 80 Quinton residents. The first sessions in February were over subscribed.
- 2.7. Successful bid to the University of Birmingham for an undergraduate intern to work with the group for three months to assess community support for Boxercise classes for young people in Quinton and the resources available (deferred due to COVID). Working with the University of Aston Student Boxing club on developing the case and funding bids.
- 2.8. Agreement with Dr Justin Varney (BCC Director of Public Health) to develop an active Environmental Public Health Tracking system for Quinton routinely analysing key environmental, health and social indicators at small area level to identify trends and areas for intervention. This has been successfully piloted in Welsh House Farm <sup>1</sup> Held meetings and planning events with Four Dwellings 'community action' group to plan mapping Quinton by local youth, in association with Mappa Mercia (<http://www.mappa-mercia.org>). Discussions with Justin and his team regarding the potential of using the Commonwealth Games and their legacy to increase levels of physical activity locally. Meeting planned with Four Dwellings school to explore this has been deferred due to COVID.
- 2.9. Applied for Quinton to be granted 'pioneer ward' status. The application was unsuccessful but we were awarded 'Aspiring Pioneer Ward' status in alliance with Northfield Community Partnership (NCP). NCP is a mature and well funded body delivering a very impressive range of services including street closures, active community events, banks of free computers, employment and benefits support services, handyman service for over 50s, an NHS drop in clinic, food bank, an extensive Stakeholders' group -about 500 individuals and 150 organisations. Patrick Saunders is a member of the group and has held several meetings with the NCP leadership. Quinton residents access some of their services- the data have been requested. There is much to learn from NCP.

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<sup>1</sup> Saunders P, Campbell P, Webster M, Thawe M. I. Analysis of Small Area Environmental, Socioeconomic and Health Data in Collaboration with Local Communities to Target and Evaluate 'Triple Win' Interventions in a Deprived Community in Birmingham UK. Int. J. Environ. Res. Public Health 2019, 16, 4331; doi:10.3390/ijerph16224331

- 2.10. Supported Court Oak allotments on their community days and construction of the raised beds enabling the recruitment of people with mobility issues and facilitated involvement of Queen Alexandra College pupils.
- 2.11. Have linked with the newly established Edgbaston Neighbourhood Network scheme (<https://gatewayfs.org/our-work/health-and-wellbeing-services/edgbaston-neighbourhood-network-scheme/>). This nationally and internationally recognised programme is designed to reduce social isolation and improve the health and wellbeing of the over 50s given the unsustainability of social care demands and costs and the poor experiences of both citizens and health/social care workers. Patrick is meeting the CX on her return from leave.

### 3. The future

- 3.1. While we have had some success the intervention of COVID has stymied progress. Several of the initiatives described above as well as a bike hub at Quinbourne, walking football, resumption of the Quinton little league, and providing air pollution monitors at local schools remain at the planning or aspirational stage. The group is restarting with virtual meetings from late September and we will progress as best we can although COVID is clearly going to impact on our work for months to come. In addition it is clear that if we aspire to replicate the success of the NCP we need serious input from a dedicated staff resource. Accordingly the group has started negotiating with ENNS and NCP to explore opportunities for collaboration and funding, internships and/or secondments.

Patrick Saunders 11<sup>th</sup> September 2020

## Quinton Active Residents' Project Reference Group Work Plan 2019/20

Activity	Resources/Actions Required	Alignment with City Council Priorities	Partners	Lead	Target Date
Website operational	Internal		PODNOSH	SH	July 2019
Develop digitised map of existing and potential community assets	Internal	<ul style="list-style-type: none"> <li>Public Health Green paper</li> <li>Clean Air Strategy</li> </ul>	<ul style="list-style-type: none"> <li>Quinton Ward Forum</li> <li>Community through door knocking</li> <li>Local Councillors</li> <li>City Council</li> <li>Woodgate Valley Woodland Trust</li> <li>See appendix 1</li> </ul>	SH	July 2019
Develop a community asset map based on the Kettering model	Kettering 'Framing Issues for Public Deliberation' paper	<ul style="list-style-type: none"> <li>Public Health Green paper</li> <li>Clean Air Strategy</li> </ul>	Mappa Mercia See appendix 1	SH	August 2019
Develop a Social Prescribing Model	<ul style="list-style-type: none"> <li>Input from key partners</li> <li>Experience of existing schemes</li> <li>Link worker through Edgbaston Neighbourhood Network Scheme (ENNS)</li> <li>Local MH support</li> </ul>	<ul style="list-style-type: none"> <li>Public Health Green paper</li> <li>Birmingham Community Cohesion Statement</li> </ul>	<ul style="list-style-type: none"> <li>GP surgeries</li> <li>ENNS</li> <li>WM Social Prescribing Network</li> <li>Quinton Mental Health Support Network</li> </ul>	EH/TK /PS/SH	April 2020

Activity	Resources/Actions Required	Alignment with City Council Priorities	Partners	Lead	Target Date
	Group				
Recruit partners with complementary expertise/assets /resources	Active contact with, and involvement of, key partners		<ul style="list-style-type: none"> <li>• Coop (SH)</li> <li>• Harborne Golf Club (TK)</li> <li>• Heads of local schools (PS)</li> <li>• ENNS (PS)</li> <li>• Soil Association (PS)</li> <li>• Childminder network (SH)</li> <li>• GP surgeries (EH)</li> <li>• Woodgate Valley Woodland Trust</li> <li>• See appendix 1</li> </ul>	See previous column	July 2019
Installation of four community notice boards	<ul style="list-style-type: none"> <li>• Agree sites</li> <li>• Agree specification, management and maintenance</li> <li>• Commission</li> <li>• Review</li> </ul>		<ul style="list-style-type: none"> <li>• Quinton Ward Forum</li> <li>• Community through door knocking</li> <li>• Local Councillors</li> <li>• Police</li> </ul>	SH	August 2019
Deliver 'active' street events		<ul style="list-style-type: none"> <li>• Public Health Green paper</li> <li>• Clean Air Strategy</li> <li>• Birmingham Community</li> </ul>	<ul style="list-style-type: none"> <li>• Boys Brigade</li> <li>• Quinton Ward Forum</li> <li>• Community through door knocking</li> <li>• Local Councillors</li> <li>• Police</li> </ul>	TAWS	April 2020

Activity	Resources/Actions Required	Alignment with City Council Priorities	Partners	Lead	Target Date
		Cohesion Statement			
Improve access to, and utility and utilisation of, green spaces. Utilise First Meadow Piece Green Space	<ul style="list-style-type: none"> <li>• Host Boys Brigade football training/matches, walking football</li> <li>• Mapping</li> </ul>	<ul style="list-style-type: none"> <li>• Public Health Green paper</li> <li>• Birmingham Community Cohesion Statement</li> </ul>	St Boniface Church Mappa Mercia	SH	September 2019
Develop programme of active and educational events including gardening and grow/cook/eat initiatives, led walks, 'wild rides', bike hub, air quality and local schools, Quinton 'Commonwealth Games' and the Quinton Watershed	Internal	<ul style="list-style-type: none"> <li>• Public Health Green paper</li> <li>• Clean Air Strategy</li> <li>• Birmingham Community Cohesion Statement</li> </ul>	<ul style="list-style-type: none"> <li>• Court Oak Allotments</li> <li>• Local schools</li> <li>• Library</li> <li>• Woodgate Valley Woodland Trust</li> <li>• Soil Association</li> <li>• Sustrans</li> </ul>	TAWS	September 2019
Develop an active Environmental Public Health Tracking system for Quinton routinely analysing key environmental, health and social indicators at small area level to identify trends and areas for intervention (based on the Welsh House Farm pilot)	<ul style="list-style-type: none"> <li>• Access to data</li> <li>• Analytical capacity</li> </ul>	<ul style="list-style-type: none"> <li>• Public Health Green paper</li> <li>• Birmingham Community Cohesion Statement</li> </ul>	Bham City Council Public Health	PS	October 2019
Assess the London School Superzones pilot project establishing healthy and health empowering areas around		<ul style="list-style-type: none"> <li>• Clean Air Strategy</li> </ul>	London Schools Superzones Project	PS	December 2019

Activity	Resources/Actions Required	Alignment with City Council Priorities	Partners	Lead	Target Date
schools for application locally		<ul style="list-style-type: none"> <li>Public Health Green paper Birmingham Community Cohesion Statement</li> </ul>			
Establish 'a Shareshed/Library of things' to provide community owned inventory of resources supporting physical activity		<ul style="list-style-type: none"> <li>Public Health Green paper</li> <li>Clean Air Strategy</li> </ul>	See appendix 1		August 2019
Develop and implement an effective communication strategy including social media					August 2019